

JERSEY TASTES! ACTIVITY SHEETS

Stupendous Sweet Potatoes



NUTRITION FACT:

Make sure to leave the skins on your sweet potatoes, they are a great source of fiber. Sweet potatoes are also high in beta carotene, vitamins E and C, iron, potassium and vitamin B-6.

ACTIVITIES:

Pre-K: Grow it, Try it, Like it
Sweet Potato Hill

Lower & Upper Elem: Harvest of
the Month Lessons

Middle: Sweet Potato History Lesson

HS: Sweet Potato Newsletter

Check out the
activity video:
Potato Matching
Game!

Click here
for recipe
video!

MADE IN COLLABORATION WITH:



ALL ABOUT NEW JERSEY!

Sweet Potatoes are in season in New Jersey during late summer into the winter, from late July through December. Once harvested, you can cure sweet potatoes and they will last 4-6 months on average.

Here are some curing tips.

HOW DOES IT GROW:

Sweet Potatoes grow under the ground on long vines and need lots of space to spread out and grow. Here are some sweet potato growing tips. They are typically grown from slips, which are sprouts that are grown from stored sweet potatoes. You can buy slips from garden centers, nurseries, or local farmers or grow your own inside.

FUN FACTS:

Sweet potatoes and yams are NOT the same thing! Sweet potatoes are actually a flower, a part of the same genus as the morning glory flower. Meanwhile, yams are related to lilies and grasses, and are not even in the same botanical family.

RECIPES:

Breakfast:

- Sweet Potato Breakfast Bowl
- Jersey Tastes! Cooking Series:
Sweet Potato Breakfast Bowl

Lunch/ Dinner:

- Sweet Potatoes Italienne Recipe
- Jersey Tastes! Cooking Series:
Sweet Potatoes Italienne

Dessert:

- Sweet Potato Souffle Recipe

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